

Moskowitz, Steve E.

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Sent: Wednesday, January 09, 2013 7:05 PM
Cc: Team Audrey's Heroes - Jacks, Aaron; Ambulance Racers - Stewart Guss; Apache - Lisa Nutting; Because We Can - Ron Brannigan; BG Group - Katie Bennett; BP - Amanda Banduch; BP - Eric Cioti; Calpine - Jim Sandt; Calpine - Norma Dunn; CBI - Chris Cagle; CenterPoint - Tory Bracy; CGGVeritas - Derrick Cooksey; CGGVeritas - Jesse Rivera; ConocoPhillips - Steve Moskowitz (home); - Critz Cullen; Susman Godfrey - David Peterson; Enbridge - James Edgar; Enbridge - Jeff Cardinal; EP Energy - Michael Ferrel; EP Energy - Todd Gornick; ERM - Chris Young; For the Cause - Kim Kareah; Fugro - Ted Tankard; Harris Caprock - Gary Wise; SMay@Mail.com; blrainey2@sbcglobal.net; HP - Cara Baez; HP - Rebecca Forsyth; HP - Robert Thornton; Ready2Roll Cycling - Jan Cohen; KBR - Pavan Lakau; Marathon - Alison McCaslin; Marathon - Elizabeth Smith; Houston Oaks/WellFit - Mark LeBlanc; Marshall & Jan Cohen; Martha Turner - Ashton Martini; Martha Turner - Courtney Henderson; Mattress Firm - Becky Means; Memorial Hermann - Maria Nelson; NOV - Jason Bozic; OIArmy Cycling - Chris McFarland; Parker Drilling - Kathy Moran; Cohen, Marshall (P66); Ready2Roll Cycling - Robbie Moskowitz; Shell - Chris Holan; Shell - Mark Poindexter; Simmons - Dallas Griffin; Statoil - Angel Callejon; Ready2Roll Cycling - Steve Moskowitz; Moskowitz, Steve E.; Sun & Ski - Alison Albrecht; Sun & Ski - Andrew Christ; Sun & Ski - Toby Craig; Sun & Ski Sports - Daniel Graham; Sun & Ski Sports - Mynette Murtagh; Sun and Ski #82 (Katy Mills); Susman Godfrey - Trey Peacock; Team CAIC - Lina Arango; Team CAIC - Marco Contreras; Team DODI - Evan Jones; Team DODI - Leo Magallon; Texas Children's Hospital - Jill Simon; Texas Children's Hospital - Seema Patel; Toyota - Manuel Sanchez; Transocean - Karen McConaughy; Urban Bicycle Gallery - Judy Tuttle-Wurth

Subject: [EXTERNAL]2013 Ready2Roll Cycling Training Series - Beginner Ride 1 - Jan 12, Waller, 9:00 am

Good evening Ready2Roll Cycling riders!

We are still in the pre-season and the holidays are just past. Most of you are still getting yourself and your bike ready but a few of you are true beginners and so we have two bonus rides planned just for you - weather permitting.

Today's note will focus on the beginner ride coming up this Saturday. I have limited this note almost exclusively to the beginner ride info to keep it as short as possible.

Today's Topics are:

- **Beginner Ride 1, Waller TX, 16 miles**
- **FAQ - Do I need to RSVP for the Rides?**
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- **Reminder - Cycling Clothing Donation Drive!**

OK, before I go any further, I need to mention the weather and our rides...

Our rides, will attract several hundred riders - even the beginner rides usually get 200-300 riders. We will not ever put our riders at risk of violent weather so we monitor the weather very closely throughout the season. Unless it is very clear many days in advance that the weather will be too dangerous to ride, we hold off until Friday, or some time, early Saturday morning to make the decision about the need to cancel a ride. The current forecast on Weather.com is 70% chance of rain, probable thunder storms and possible heavy rain plus cool temperature. If this holds, we will likely have to postpone our first ride until next Saturday, Jan 19 but it's too early to make a call. I'll send an update on this and other cycling news this Friday morning.

We also have a Ready2Roll hotline so we can post the ride status three hours before the ride start (6:00 am this week, 5:00 am most future weeks). **The bike club ride status hotline is at: 281 907-9007**

Beginner Ride 1, Waller TX, 16 miles

This week, our beginners will meet at the **Old Waller Stadium** for a 16 mile beginner orientation ride. This ride is aimed at beginning riders who need some short miles in and need 1-2 smaller rides to get used to riding on the road and in a group. These rides are NOT for veteran riders who haven't been on their bike since last April but they are for veteran riders who are willing to come out and "adopt" 2-4 "newbies" and ride at their pace while teaching them how to ride safely and courteously and how to avoid hazards, communicate on the ride, etc.

The ride is scheduled to start at 9:00 am at **Old Waller Stadium** at the corner of Field Store Rd and Daugherty (1935 Field Store Rd, 77484 should get your GPS there).

To get to the start, take 290 northwest from town to the Field Store Rd exit. Make a left under 290 and drive one block south of 290 to the stadium on your right. The parking is on the south and east sides of the stadium. Last year, Rich Priem sent me a table that calculated the mileage to the start of each ride from the 77079 zip code (COP & BP offices). His table shows that it is a 36 mile drive from here - some of you may have a little longer or shorter commute but allow 40-50 minutes for the drive out and a bit more for the drive back when there is some traffic on 290.

I have included aerial photo below showing Hwy 290 at the top and the stadium at the bottom. If you can't see the picture, don't worry - it is very easy to find.



This ride is intended for beginners and mentor riders. Each mentor will team up with 2-4 beginners and will coach them on the route. The group will focus on riding safely and predictably, obeying traffic laws, communicating with their riding group, hydration, using gears and basic passing etiquette as well as getting used to riding on the road and getting in 16 miles of training.

The route will go north on Field Store Road about 8 miles to Hamner's Store at FM-1488. We'll have snacks and water at the stop and then, return back the way you came. The total distance is 16 flat miles. You should arrive between 8:00 and 8:15 am in order to have time to park, sign in, use the restroom if needed, get your bike ready, team up with a group and have a brief orientation before the start of the ride. If you arrive at

9:00 am for an 9:00 am start, you will miss our ride!-)

Each rider will sign in on the ride - the master list of riders will be split into 4-6 sub-lists (A to E, F to L, etc.) so you will get in the line for the list with your name and initial in when you arrive in the "Started" column. When you finish the ride, you initial out in the "Finished" column so we know that everyone made it back. If you haven't practiced the alphabet in a while, it would be helpful to practice a little before Saturday.

Sun & Ski Sports has very generously extended their tech support to provide mechanics before our beginner rides as well as full support for the training rides. The bike mechanics will be on site about 8:00 am to help with simple maintenance and repairs. The purpose of the tech support is to assist with problems that develop on the ride, not to overhaul your bike for free before the ride.

----- **FAQ - Do I need to RSVP for the Rides?**

Many of you have asked if you need to RSVP for each ride. The answer is No, you do not need to RSVP for the ride each week. You just show up and sign in so we know who is riding. You also sign out after you finish so we know everyone is back..

For our two beginner rides, we will use a simple sign-in process and we'll be issuing a rider number(to place on your helmet so we know you are enrolled. Please DON'T take the number off after the ride. You use the number (and helmet, we hope) all season. If you need to get a new helmet, we'll issue a new number but please keep your number.

Each week, there will be a sign-in list at the ride. All riders who are paid up are listed in alphabetical and the list is broken up into 4-8 smaller lists so no one has a long line to sign in. You initial in on the Started column next to your name before you ride. When you are finished, you come back and initial the Finished column so we know you are finished.

----- **Reminder - Cycling Clothing Donation Drive!**

Here is a GREAT idea that was suggested by one of the riders from one of the newest teams in town – Jan Cohen from the Phillips 66 Team...

...Note - we already have had significant donations of some great, unused jerseys, shorts, gloves, arm warmers, etc. as well as some almost new stuff so this will be a GREAT chance for new riders to get some great stuff at great prices and raise money to fight MS. We got one of those Square credit card readers and Jan Cohen set up a "store" so we'll be able to take credit cards at the ride.

Remember when you were first getting into cycling and you realized you still needed warm gloves, you only have one jersey with pockets or that your 'normal' windbreaker became a parachute when you wore it to ride?

For many of us that have been riding for years, now it is the opposite problem. You may have upgraded to the latest in tech gear or received new super cool clothing as gifts, so now your closet is overrun with items you no longer wear. Well, here is your chance to clear out your gently used cycling gear and help out our new riders at the same time.

Donate your clean, gently worn cycling clothing, gear, shoes, equipment to Ready2Roll Cycling and we will hold a "Donation" Sale at the beginner rides in January. Proceeds collected from the sale will be contributed to the MS Society.

These items can be dropped off prior to January 10th to Steve Moskowitz at ConocoPhillips, Marshall Cohen at Phillips 66 or Jan Cohen in the Galleria Tower I. Teams may want to designate one person to collect these items for drop off.

- Steve Moskowitz: 281-293-2599
- Marshall Cohen: 832-765-4400
- Jan Cohen: 713-817-4898

(Questions? Contact Jan Cohen)

OK, it's hard to believe but that's it for this week's ride note. There will be a special edition note coming tomorrow that will explain more about what to expect at the ride and some other useful info.

Watch your inbox after hours for more cycling news - lunch is over (delayed by an urgent issue) so I'm going back to work.

I look forward to seeing our new riders and mentors this Saturday in Waller - weather permitting...

Steve Moskowitz

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